andrew james

Sous Vide & Slow Cooker

Please read the manual fully before using the appliance and keep the manual safe for future reference.

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Safety Instructions

When using any electrical appliance, basic safety precautions should always be followed including:

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children less than 8 years.
- Always ensure the voltage on the rating label corresponds to the voltage in your home.
- Check the power cord and plug regularly for any damage. If the cord or the plug is damaged, it must be replaced by a qualified electrician or a service repair centre. If in doubt please contact our customer service team.
- The appliance is intended for domestic use only. Industrial or commercial use will void the warranty. The supplier cannot be held responsible for injury or damage if the appliance has been used for anything other than its intended use.
- Incorrect operation and use can damage the appliance and cause injury to the user.
- Do not use the appliance if it has been dropped or damaged in anyway. If the unit has been damaged take the unit for examination and or repair by an authorised service agent.
- Do not immerse or expose the motor assembly, plug or the power cord in water or any other liquid for any reason.
- If the supply cord is damaged, it must be replaced by the manufacturer or by someone who is suitably qualified to avoid a potential hazard.
- Do not let the cord hang over the edge of a table or counter. Ensure that the cord is not in a position where it can be pulled or tripped over accidentally.

- Do not allow the cord to touch hot surfaces and do not place the cord near hot gas, electric burners or in a heated oven.
- Use of an extension cord with this appliance is not recommended. However if it is necessary to use an extension cord, ensure that the extension cord is equal to or greater than the power consumption of the appliance to avoid overheating of the appliance and extension cord. Do not use any other appliance on the extension cord. Do not place the extension cord in a position where it can be pulled on by children or animals or be tripped over.
- Always remove the plug of the appliance safely. Do not pull on the appliances cord to remove the appliance plug from the electrical socket.
- Never handle or operate the appliance with wet hands.

Appliance specific safety instructions

- To protect against the risk of an electrical shock. Do not put the base in water or any other liquid. The use of attachments or tools not recommended by the manufacturer may cause fire, electric shock or injury.
- Do not use the appliance outdoors. Always use oven gloves or a cloth when removing the lid or handling contents.
- Never cook food directly in the base unit, always use the ceramic pot.
- Do not leave the Sous vide & slow cooker plugged in when it is not in use. Do not switch on the Sous vide & slow cooker when it is upside down or on its side.
- Only prepare the food as described in the manual. Always ensure that the appliance isn't covered with objects e.g. dish cloths, before and whilst it is in use.
- Be careful, the lid, outer body and inner pan will become hot during use. Always use the heat resistant handles when trying to move the outer body and lid. Always allow a cooling period after using the appliance and before moving it.
- Take care when removing the lid of the appliance. Often hot water can collect on the underside of the lid during the cooking process. To remove the lid properly use the heat resistant handles and drain the water away.

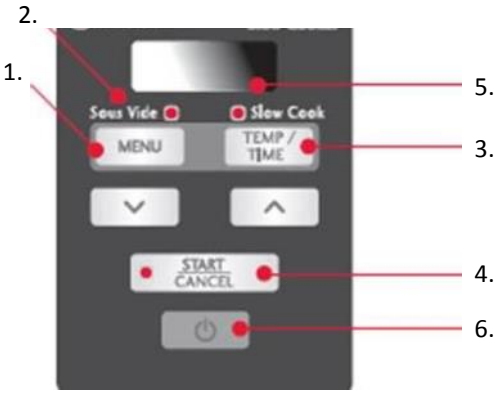
Before first time use

- Before using the cooker for the first time, remove all labels and tags from the product.
- Do not immerse the slow cooker base in water or any other liquid.
- Remove all packaging before using the appliance, to avoid the risk of suffocation, always keep bags out of the reach of babies and children.

Appliance components illustration

1.	Tempered glass lid
2.	Working capacity
3.	Non-slip feet
4.	Non-stick Removable cooking pan
5.	Control Panel

Control Panel



It is simple and easy to use the Control panel, choose your cooking menu, set the temperature and time and start cooking. The appliance will cancel the function within 20 seconds if it is not confirmed.

1. **Menu Button** Scroll to the Sous vide or Slow cooker menu by pressing the "**MENU"** button.	4. **Start/ Cancel button** To begin the cooking process, press the start button. To cancel the cooking process, press and hold it.
2. **Cooking Menu Indicator** A light appears between the Sous vide or Slow cooker menu **Sous Vide Menu -** Select between temp 40˚c to 90˚c **Slow cooker Menu—** Choose three settings Low, High and Keep Warm	5. **Timer display screen** Displays cooking time or the elapsed time of the keep warm function.
3. **Temp/Time button** After selecting the cooking method. Select the correct temp and then the correct time by using the up and down arrows.	**6. Power button** Press the appliance on/off. Always switch the appliance off before unplugging it

Menu Settings table

Cooking Menu	Sous Vide	Slow cooker
Temp range	40-90˚C	HIGH LOW WARM
Default temp	1˚C	N/A

Time

Settings	1 to 24 hours	High-2 to 8 hours Low– 4 to 16 hours
Default cooking times	1 Hour	High– 4 hours Low– 8 Hours
Time increments	10 mins	30 mins

Quick Steps to Sous vide cooking

1. Season your food to enhance the flavour.
2. Vacuum seal your food (to purchase a vacuum sealer and storage bags please visit www.andrewjamesworldwide.com)
3. Once the desired temperature has been reached, place the pouches carefully into the water.
4. After the cooking is completed, sear your food to improve the appearance and flavour. This will caramelise the fats and protein for better flavour.

Food preparation

Please follow the instructions for food preparation:

- Always ensure that the produce being cooked is of high quality and fresh.
- Make sure that the food being cooked i.e. meat, seafood, poultry has been stored below 5˚C before preparation begins.
- Food pouches must be cleaned before use to ensure they are not contaminated.
- Only prepare food on a clean work surface.
- Wash hands well before preparation.
- Prepare the food to the correct thickness and temperature (refer to the table found on page 12).

Cooking

- Please use the guide found in page 12 for times and temperatures of food.
- The pouch must be correctly sealed or the cooking process will be hindered.
- Ensure the pouch is correctly sealed once the cooking process has finished**.**

Slow cooking

Low setting– suitable for simmering and slow cooking.

High setting– for faster cooking. 1 hour on High is the same as 2.5 hours on Low.

Keep Warm setting– Once the cooking time has elapsed the Keep warm function will automatically switch on to keep the food warm until it is served.

How to use the Sous Vide function

Ensure that the appliance is on a flat, level surface. Plug the unit on and press the power button.

The unit will then beep and the display screen will illuminate . The appliances default settings will now set the appliance at 50˚C.

1. Fill the cooking pan with water to the required level. Place the lid back on the cooking pan. Always ensure that the water level is above the **"FILL"** line. Please refer to the table on page 12 for further advice.

2. Set the cooking menu of the sous vide by pressing the "**MENU**" button and scrolling through until the default Sous vide setting is displayed.

3. To change the temp from the default (50˚C) press the up and down buttons until your desired temperature is reached.

4. To select the Time press the **"TIME"** button using the up and down buttons until the desired time is reached. Each button pressed will increase the button time by 10 minutes. To increase the time quickly, hold the button in.

5. Once you have selected the correct setting, temp and time press **"START"** to begin the cooking process. This will start the pre-heating process.

6. The appliance needs time to pre-heat before food can be placed in it. A red light indicates that the correct temperature has been reached. Once the correct temperature has been reached, the appliance will beep three times, the light will stop flashing and the unit is now ready to cook the food.

7. Remove the lid carefully by the heat resistant handles. Using a pair of tongs, place the sealed food pouches in the water. The water level should not exceed the maximum mark but is covered by water.

8. Once the pouches have been placed in the water correctly, place the lid back on the cooking pan and press the **"START"** button.

9. After the cooking time has elapsed the appliance will beep three times and switch off automatically.

Food	Cooking Temperature	Cooking Time	Holding Time (After cooking)	Thickness
Beef and Lamb				
1.Tenderloin, cutlets, sirloin,	1. 49˚C or higher	1 Hour	Up to 6 Hours	1-2cm
2.rib eye, rump, T-bone	2. 49˚C or higher	2 Hours	Up to 8 Hours	2-5cm
3. Blade, chuck, leg of lamb, shoulder, shanks, game meats	3.49˚C or higher	8 Hours	Up to 10 Hours	4-6cm
Pork				
Belly	82˚C	10 hours	Up to 12 hours	3-6cm
Ribs	59˚C	10 hours	Up to 12 hours	2-3cm
Pork chops	56˚C or higher	4 hours	Up to 6 hours	2-4cm
Pork roast	56˚C or higher	10 hours	Up to 12 hours	5-7cm
Poultry				
Chicken breast with bone	82˚C	2 hours	Up to 3 hours	3-5cm
Chicken breast fillet	64˚C	1 hour	Up to 2 hours	3-5cm
Chicken thigh with bone	82˚C	1 ½ hours	Up to 3 hours	3-5cm
Chicken thigh no bone	64˚C	1 hour	Up to 2 hours	3-5cm
Chicken legs	82˚C	2 hours	Up to 3 hours	5-7cm
Duck breast	64˚C	2 hours	Up to 2 hours	3-5cm
Fish				
Lean fish	47˚C or higher	1 hour	Up to 1 hour	3-5cm
Fatty fish	47˚C or higher	1 hour	Up to 1 hour	3-5cm
Shellfish				
Shrimp	60˚C	1 hour	Up to 1 hour	2-4cm
Lobster tail	60˚C	1 hour	Up to 1 hour	4-6cm
Vegetables				
Root vegetables	83˚C or higher	1 hour	Up to 2 hours	1-5cm
Tender vegetables	83˚C or higher	1 hour	Up to 2 hours	1-5cm

Guide to different levels of cooking

Beef, lamb and pork

Rare: 49˚C

Medium Rare: 56˚C

Medium: 60˚C

Medium well: 65˚C

Well: 71˚C +

Poultry

With bone: 82˚C

Without bone: 64˚C

Fish

Rare: 47˚C

Medium rare: 56˚C

Medium: 60˚C

Vegetables

83˚C—87˚C

Please note: the cooking times found on page 12 are only an estimate. To achieve your personal taste please experiment with times.

How to use the Slow cooker

Ensure that the appliance is on a level surface. Plug the unit on and press the power button.

The unit will then beep and the display screen will illuminate . The appliance will go to the default setting the sous vide menu.

1. Place your food and liquid inside the removable cooking pan and replace the lid.
2. Set the menu to slow cooker function by scrolling through the menu until a light appears next to the Slow cooker screen and the temperature shows LOW.
3. Change the setting from LOW to HIGH by using the up and down buttons.
4. To select the time press the Time button and select the cooking time by pressing the up and down button, each press of the button will increase the time by 30 minutes. If the button is held in, it will increase the time quicker.
5. Once you have selected the menu, temp and time setting press the start button to commence the cooking process.
6. The timer will then begin to countdown.
7. After the cooking time has elapsed, the unit will beep 3 times. This will switch on the Keep warm function and a green light will appear. The timer will then begin to count up to indicate the amount of time the food has been kept warm.

Please note: If you lift the lid during cooking it releases air, heat and increases the cooking time. Only lift the lid off the appliance if absolutely necessary.

Cleaning the appliance

- Switch off and remove the plug from the socket.
- Allow a cooling period to occur after using the appliance and before cleaning.
- Allow the water to cool in the cooking pan and then pour It out.
- Allow the unit to completely cool before beginning cleaning.
- Do not immerse the appliance in water for any reason.
- The lid and the removable cooking pan are dishwasher safe, make sure they are then rinsed clean after dishwashing.
- Dry the pan thoroughly before using it again.
- Clean the exterior of the appliance with a clamp cloth and dry it thoroughly.
- Do not use abrasive cleaning materials, scourers or chemicals to clean any part of the appliance.

Sous Vide recipes

Braised shin of beef

Serves 4

500g shin of beef, deboned	Sprig of thyme
1 clove of garlic/15g garlic paste	10g horseradish
20g tomato paste	100g pancetta lardons
60ml red wine	75g button mushrooms
2 bay leaves	30g butter
Sprig of rosemary	

1. Fill the Sous Vide with water and preheat to 82˚C.
2. Place the ingredients into a vacuum bag. Massage the bag so the ingredients are combined.
3. Seal the bag and place into the Sous Vide until it is fully submerged.
4. Cook for 10 hours.
5. Once cooked, remove the beef from the sous vide and open the bag. Strain the beef through a sieve, separating the sauce from the beef.
6. Heat a small pan with 15g of butter. Place the pancetta and mushrooms into the pan and sauté.
7. Pour the sauce into the pan and bring to the boil. Add the remaining cold butter to the sauce and allow it to reduce and thicken.
8. Put the beef back into the pan and stir through the sauce, then serve.

Serve with Dauphinoise potatoes and green beans for a delicious accompaniment.

Teriyaki Salmon

Serves 4

4 salmon fillets	1 tsp finely chopped garlic
3 tbsp teriyaki sauce	1 tsp chilli flakes
1 tsp grated ginger	

1. Fill the Sous Vide with water and preheat to 56 ˚C.
2. Place Teriyaki sauce, ginger, garlic and chilli into a bowl and mix until combined.
3. Pour over salmon fillets until fully coated and cover for 15 minutes.
4. Place into pouches and vacuum seal.
5. Place into the AJ Sous Vide and submerge in water.
6. Cook for 1 hour.

Serving suggestion:

Serve with noodles, coriander and a squeeze of lime.

Steak

Sirloin Steak

Sprig of thyme

20g butter

Rare	54°C
Rare/Medium	57°C
Medium	60°C
Medium/well done	66°C

1. Fill the Sous Vide with water and preheat to the required temperature.
2. Place into a into a pouch and vacuum seal..

3. Place into the AJ Sous vide and submerge in water.
4. Cook for 40—90 minutes depending on the thickness of the steak.
5. Preheat a frying pan. Remove the steak from the sous vide and vacuum pouch. Place into the frying pan and sear. Add butter and thyme to the pan and baste the steak in the flavoured butter.
6. Remove from the pan once seared. Do not over cook in the pan.

Garlic Chicken

Serves 4

4 skinless and boneless chicken breasts	1 tsp minced garlic
8 slices of streaky bacon	parsley
80g butter	

1. Fill the Sous Vide with water and preheat to 64 ˚C.
2. Slice the chicken breast through the middle and stuff with chopped garlic, parsley and butter.
3. Wrap each breast in streaky bacon until the hole is sealed.
4. Place into pouches and vacuum seal.
5. Place into the Sous Vide and submerge in water.
6. Cook for 1 hour.
7. Remove from pouch and place into a preheated pan.
8. Sear the chicken in the pan until the bacon is crispy.

Serving suggestion:

Slice and lie on a bed of zesty lemon Orzo.

Moroccan Lamb

Serves 4

700g Shoulder of lamb, cut into chunks	200ml passata
½ tsp cayenne	400g chopped tomatoes
1 tsp black pepper	3oz dried apricots
1 tsp paprika	2oz sultanas
½ tsp turmeric	2oz flaked almonds
½ tsp cinnamon	1 tbsp clear honey
1 tsp ginger	

1. Place cayenne, black pepper, paprika, ginger, turmeric and cinnamon into a small bowl and mix to combine. Place the lamb in a large bowl and toss together with half of the spice mix. Cover and leave overnight in the Fridge.
1. Preheat the AJ Sous Vide to 56 ˚C.
2. Stir passata, chopped tomatoes, apricots, dates, sultanas, almonds and honey, into the lamb.
3. Place Moroccan lamb into the pouch and seal.
4. Place the pouch into the water and fully submerge.
5. Cook for 8 hours.

Serving Suggestion: Serve with jewelled pomegranate couscous.

Vanilla Rhubarb

200g rhubarb	45ml water
45g sugar	1 vanilla pod

1. Fill and preheat the AJ Sous Vide to 60 ˚C.
2. Cut the rhubarb into 7cm lengths.
3. Into the pouch place the rhubarb, sugar, vanilla, scraped from the pod and water.
4. Seal the pouch and fully submerge into the AJ Sous Vide.
5. Cook for 20 minutes.
6. Lift out of the AJ Sous Vide and place into ice cold water.

Serving suggestion:

Spoon into the centre of vanilla cupcakes or over the top of clotted cream rice pudding for a delicious, sweet treat.

Just Eggs

4 eggs

1. Fill the Sous Vide and preheat to 57 ˚C.
2. Place the eggs into the water for 50 minutes.
3. Remove and serve.

Serving suggestion:

Delicious with crispy Parma ham and rocket salad.

Goats Cheese Risotto

Serves 4

200g Arborio rice	100g frozen peas
250ml vegetable stock	2 sprigs of mint
1 onion, chopped	100g goats cheese
1 clove of garlic, crushed	1 tbsp olive oil
20g butter	

1. Fill the Sous Vide and preheat to 83 ˚C.
2. Heat the oil in a small pan. Cook the onion and garlic until tender.
3. Place the onion and garlic, stock and rice into a pouch. Vacuum seal.
4. Place pouch into the AJ Sous Vide and submerge.
5. Cook for 40 minutes.
6. Melt butter in a small pan. Add peas and mint and cook for 1-2 minutes.
7. Remove risotto from the bag. Gently fold through the peas and goats cheese.

Slow Cooker recipes

Lamb Shanks

2 red onions	300ml red wine
3 cloves of garlic crushed	3 teaspoons balsamic vinegar
2 sticks of celery, finely sliced	400ml lamb stock
1 leek, finely sliced	1 bay leaf
1 carrot, finely sliced	Sprigs of fresh thyme and rosemary
4 lamb shanks	Seasoning to taste
1 tin of chopped tomatoes	

1. Preheat your slow cooker to the required temperature.
2. Prepare all the vegetables. Place all the ingredients in the slow cooker, ensuring that they are combined well and evenly distributed. Make sure the stock is warm when you add it as this will maintain the temperature.
3. Set the slow cooker to low and cook for 6-8 hours, until the lamb is tender. Prior to serving, if your liquid is too thin, stir in 1-2 teaspoons of cornflour, dissolved in a little water. Turn up the heat for 5-10 minutes to thicken it.
4. Season to taste before serving.

Lamb, butter bean and tomato casserole

1 onion finely chopped	1 x 400g tin of butter beans
2 sticks of celery, sliced	500ml lamb stock
1 red pepper, finely sliced	2 teaspoons sun-dried tomato paste
1 large carrot, diced	1 teaspoon oregano
450g stewing lamb, diced	Seasoning to taste
1 punnet of cherry tomatoes	

1. Preheat your slow cooker.
2. Add all the ingredients to the slow cooker and set to low. Make sure the stock is warm when you add it as this will maintain the temperature. Mix the ingredients so they are evenly distributed.
3. Cook for 6-8 hours. Season to taste before serving.

Sweet potato, apple and ginger soup

2-3 teaspoons grated fresh ginger (depending on desired strength)	700ml water or stock
1 onion	Seasoning to taste
2 sweet potatoes, chopped	Coriander leaves to garnish
2 sticks of celery, chopped	
2 cooking apples, chopped	

(This recipe requires a hand or stick blender)

1. Preheat the appliance for 15 minutes.
2. Add all the ingredients, lemon juice and coriander leaves. Make sure the stock is warm when you add it as this will maintain the temperature. Turn your slow cooker to low for 6-8 hours.
3. Use your electric hand/stick blender and liquidise the soup until smooth. Season and add lemon juice to taste. Reheat gently before serving. Garnish with coriander leaves.

Disposal of the appliance

Please note that this Andrew James product is mark with this Symbol:

This means that this product must not be disposed of together with ordinary household waste, as electrical and electronic waste must be disposed of separately.

In accordance with the WEEE directive, every member state must ensure correct collection, recovery, handling and recycling of electrical and electronic waste. Private households in the E.U. can take used equipment to special recycling stations free of charge. In certain member states used apparatus can be returned to the dealer where they were bought on the condition you buy new products. Contact your retailer, distributor or the municipal authorities for further information on what you should do with electrical and electronic waste.

UK and EU Guarantee

Your new Andrew James product comes with a 24 month guarantee and a 2 year fixed warranty, effective from receipt confirmation. Your receipt or order number is required as proof of purchase date so it is imperative that you keep it safe. This guarantee only applies if the item has been used solely for the use intended, and all instructions have been followed accordingly. Please note this product is only for domestic use only and is not for commercial use.

Abuse of your product will invalidate the guarantee. Returned goods can only be accepted if repackaged properly within the original colour product box, and presented with the original receipt of sale/order number. This does not affect your statutory rights.

Returned products must be cleaned and returned to us in as close to delivery condition as possible.

If your product develops a problem within the first 12 months of the fixed warranty, we will pay all shipping costs to have it returned to us. After 12 months the customer will be liable for the cost of returning the product to us. We will then pay to have the repaired/replaced item shipped back to the customer.

If you wish to return your item for a full refund, you have the right to do so within the first 7 days. For our returns policy please go to www.andrewjamesworldwide.com

Customers are responsible for any taxes applied to our products when they are shipped outside of the EU.

All of our prices are inclusive of VAT.

Once a product has been returned to us, we will aim to repair or replace it within 30 days of receipt.

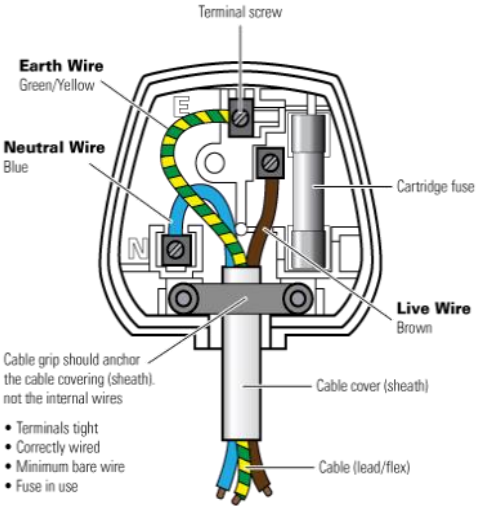
The guarantee does not cover any defect arising from improper use, damage, build-up of lime scale or repair attempts made by third-parties. Also, the guarantee does not cover normal wear and tear of individual parts.

Electrical information

Please note:

It is extremely important that the wires or cores in the flex are connected to the correct terminals in the plug. If the colour of the mains lead of the appliance does not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

- The **Live** (**Brown**) wire connects to the right- most live (L) terminal nearest to the fuse.
- The **Neutral** (**Blue**) wire connects to the left-most neutral (N) terminal.
- The **Earth** (**Green and Yellow**) wire connects to the central, top most earthed (**E**) terminal.



Warning:

If the appliance is double insulated indicated by the double insulated symbol:

it should not have an earth wire or earth connection.

Plug

The plug must be protected by the correct AMP fuse; this will be indicated on the case of the plug. Only BSI or ASTA approved fuses should be used. When changing the fuse always replace it with a fuse that is of the same identical rating as the original. If you are unsure about which plug or fuse to use, always refer to a qualified electrician. Please note after replacing the fuse, ensure that the cover is correctly fitted back onto the plug. Never attempt to run the appliance if the plug does not have a cover. If a moulded plug is fitted and has to be removed take great care in disposing of the plug and severed cable, it must be destroyed to prevent it from engaging into a socket. If the supply cord is damaged it must be replaced by a service agent or a similarly qualified person.

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